

# The Heart Line: Taking the Pulse

Covering Volunteerism and Service Throughout Kentucky

Shannon L. Ramsey, Editor

September 2012 Edition

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## Article Submission

We'd love to have an article about your program or organization.

Please email [Shannon Ramsey](mailto:Shannon.Ramsey@kccvs.org) to learn more about submitting an article for the newsletter.

## Newsletter Archives

Download the print version of this newsletter and past editions on the [KCCVS Newsletter](#) page on our website.



**327,553**

The number of 8-oz. servings collected during the 2011 Make A Difference Day Food Drive.

## Welcome

Welcome to the September 2012 edition of the Heart Line newsletter, a publication by the Kentucky Commission on Community Volunteerism and Service (KCCVS).

Just like in most of your families, things are in full swing here at KCCVS. The 2012-13 Kentucky AmeriCorps programs are kicking off, Make A Difference Day is just around the corner and our schedules are filling up faster than ever. However, we hope you will make time in your busy schedule to read current national service and volunteerism news.

Please do not hesitate to contact us if you have questions regarding any of our community service programs/services such as AmeriCorps, Disabilities Inclusion Awareness, Governor's Volunteer Awards, Make A Difference Day, Volunteer Insurance Program or Volunteer Recognition Program.

## Make A Difference Day 2012



MAKE A  
DIFFERENCE DAY  
NATIONAL DAY OF DOING GOOD



**Saturday, Oct. 27**

Once again, in honor of [Make A Difference Day](#), the KCCVS is sponsoring one food drive competition involving our Kentucky AmeriCorps programs and another among Cabinet for Health and Family Services' community based service regions. Collected food will be donated to food pantries and emergency feeding centers in the communities where the food is collected. Learn more and find resources on the [KCCVS Make A Difference Day page](#).

Faith-based, nonprofits and other groups may collect and donate nonperishable food in their community and report the collected amount to KCCVS for recognition. Your group's name, mailing address and total number of ounces need to be reported to [Shannon Ramsey](mailto:Shannon.Ramsey@kccvs.org) by **Thursday, Nov. 1**. Reporting the total ounces helps us determine how many people your efforts actually feed. We would appreciate if you would send pictures of the collected food in as well.

## 2011 Make A Difference Day Traveling Award Winners

MSUCorps, honorable mention for ATEAM

The Lakes Service Region (third consecutive year)

## On the Road with KCCVS Commission Chairman

*By Daron Jordan, KCCVS Commission Chairman*

Charles Kuralt was a journalist and in 1967 began producing a segment on the CBS evening news called “On the Road.” For almost 25 years, Kuralt would travel the country, mostly by way of back roads, to meet everyday people that were making a difference in their communities and to share their story with the nation.

I’ll be the first to admit I am no “Kuralt,” and more often than not I travel the interstate system instead of the back roads. However during the first six months as chairman of the KCCVS I have had the opportunity to meet many everyday people that are serving our commonwealth as AmeriCorps members or recruited volunteers through the programs that KCCVS administers. Whether it was “Build-A-Bed” projects in Murray or in Crittenden County or meeting with the members that are making an impact by serving the homebound, helping out during disasters, or a multitude of other activities in Daviess, Henderson and Ohio counties, one common thread I have found that weaves all these people together is their passion to serve.



Each of these members and volunteers have a story, as do all in the KCCVS family. My goal as chairman, and my challenge to you as a member, a commissioner, a staff member or a friend of KCCVS, is to find a way to tell our collective story. We must be intentional about sharing the story of how AmeriCorps members and volunteers are making a difference in the Commonwealth. My goal of sharing our story is not one that is designed for us to sit back and say, “look at what we did,” instead it is one where we say, “because of this program a child has a bed to sleep in” or “because of this program a third grader has learned to read at a level on par with other students her age” or “that a homebound person received a hot meal.”

Over the next six months as chairman, I plan on visiting as many of the KCCVS-sponsored AmeriCorps program sites as possible. I look forward to meeting more of you that are serving to make a difference in your community. More importantly, I look forward to hearing your stories because in doing so I am better equipped to tell “our collective story.” Kuralt once said that to have a better society we must help change people’s lives. Through your service that is exactly what you are doing – changing people’s lives and creating a better society.

That’s my story and I am sticking to it! Will you help me share it?

## Teen Leadership Trimble: Leading in the Right Direction

*by James Line, Trimble County High School Class of 2013, TLT graduate*



From presidents to police officers, community leaders have all started somewhere. They begin as young individuals with an extraordinary ability to lead a group toward a common goal. Unfortunately, many of these gifted youth are held back by the limited opportunities with which they are provided. Teen Leadership Trimble (TLT) is a schoolwide organization that empowers students with the skills and resources they need to be successful leaders in their community.

TLT was founded in 2007 by Community Education Director Barbara Dukes and Gifted/Talented Program Coordinator Carla Goins.

TLT is composed of Trimble County High School freshmen and sophomores only. Applications are available at the beginning of the year; after the deadline, applications are judged by local community leaders to determine who is accepted. Being a part

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of TLT is both a great privilege and a great responsibility. Every month, students take field trips to areas of importance within the community and state. Each field trip has a specific theme, such as government, industry, agriculture, health or education. In the past, TLT has visited places such as Valley View Landfill, the home of Harlan Hubbard, Norfolk Plantation, the Trimble County Courthouse, Bray's Orchard, Choices for Women, the Kentucky State Capitol and the groundbreaking of the new Milton-Madison Bridge.



Most importantly, every student in Teen Leadership Trimble is required to complete at least one project every year that benefits the local community. Projects have included such diverse activities as decorating the homes of the elderly for Christmas, chronicling the planning of the new Milton-Madison Bridge, cleaning off school trophies, organizing annual blood drives and collecting books for children in need.



TLT is an important step in recognizing and preparing society's future leaders by giving them the opportunity to experience first-hand what it means to lead. It's hard work, but it pays off. Teen Leadership Trimble is quickly becoming a regular institution at Trimble County High School, one that provides young leaders with the skills they need for success.

## Spotlight on Rick Christman

*By Aaron Anderkin, former KCCVS Commission Chairman*



The United States Senate has confirmed a Kentuckian to serve on the Corporation for National and Community Service Board of Directors. Rick Christman, a non-profit CEO from Lexington, was confirmed on April 19 to join the 12-member board charged with setting the policies and direction of CNCS.

Rick currently serves as CEO of Employment Solutions, a multi-faceted nonprofit organization in Lexington, Kentucky, serving the needs of those with barriers to employment. He has been with Employment Solutions for more than 20 years, growing the organization to include Fresh Approach, a food processing business and QBox, a box manufacturing business -- both of which employ people with developmental disabilities.

Employment Solutions also operates Employment Solutions Personnel, a temporary staffing agency; the College for Technical Education, an accredited certificate-based institution of postsecondary education; and Bluegrass Career Services, a job placement service, all of which assist low income and other disadvantaged persons obtain gainful employment.

Rick has served or is serving on boards that include the Commerce Lexington, Kentucky Workforce Investment Board, Lexington Transit Authority, and New Beginnings Bluegrass, a community residential program for people with mental health conditions. He has a bachelor's degree in Special Education from the University of Wisconsin, Eau Claire and a Masters in Vocational Rehabilitation from the University of Wisconsin, Stout.

Christman says he is excited to bring his many years of practical experience to CNCS. "I am honored to work with this great bipartisan board to strengthen our nation's proud tradition of citizen service. Throughout my life I've seen how volunteers of all ages and backgrounds can make a powerful impact on some of our toughest problems. I am thrilled for the opportunity to work on a national level to expand opportunities for Americans to serve and to make service more effective in meeting America's challenges," Christman said.

In addition to spending time in Washington, D.C., with his new national service colleagues, Christman has already taken steps to understand the challenges that his home state of Kentucky is facing as it relates to national service. He has already met with KCCVS Executive Director Eileen Cackowski as well as various commissioners.

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“Rick understands and respects the role of Kentucky AmeriCorps members,” Cackowski said. “He is ready to become an active member of the CNCS board and we are very grateful for his interest. He has been a willing listener and chooses to understand more fully the role of national service in America.”

Christman makes his home in Lexington with his wife, Melinda Karns, a partner in the accounting firm, Dulworth, Breeding, Karns and Pleasants. They have two sons: John David, a Lexington equine insurance agent, and Nick, a student at Western Kentucky University.

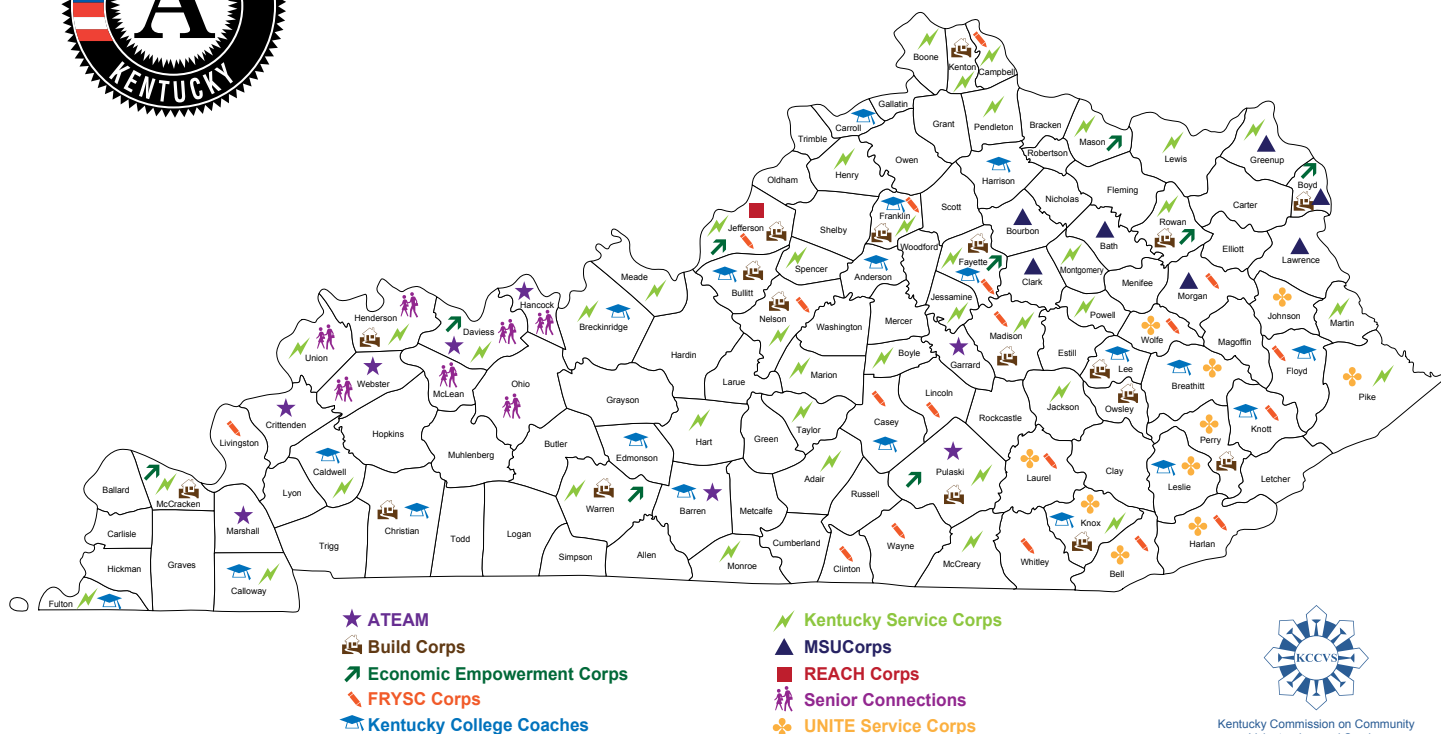
## 2012-13 Kentucky AmeriCorps Programs

During the 2012-13 program year, which began in September, Kentucky will benefit from the service of almost 500 AmeriCorps members serving in one of the 10 programs listed below.

Learn more about the current AmeriCorps programs in Kentucky on the [KCCVS website](http://KCCVS.org).



### 2012-13 Kentucky AmeriCorps Programs Program Sites as of August 15, 2012



Kentucky Commission on Community  
Volunteerism and Service  
[www.volunteerKY.gov](http://www.volunteerKY.gov)  
(800) 239-7404

## Reports Highlight Impact of Service Across America

[Voices for National Service](#) has produced two reports to highlight the substantial work that [Corporation for National and Community Service](#)-supported organizations are doing in communities across America and the skills Americans learn while serving others.

[National Service: Cost-Effectively Delivering Critical Services to Americans in Need](#)

[National Service: Providing Pathways to Employment](#)



## 2011-12 ATEAM Build-A-Bed Outcomes

The ATEAM AmeriCorps program embraced the Build-A-Bed project for the 2011-2012 service year. Build events were held in Barren, Crittenden, Hancock, Marshall, Pulaski and Webster counties. Outcomes from the builds were:

- 184 children received beds
- 2333 volunteers were recruited, serving 4,031 hours
- \$77,003 was solicited in cash and in-kind donations



## Longest-serving Kentucky AmeriCorps Program Director Retires



Nancy Thames, director of Eastern Kentucky University's AmeriCorps program since its inception in 1994, was honored recently for her years of service and achievements. Nancy is retiring this year, and she was presented a Governor's Citation by Eileen Cackowski, executive director of the Kentucky Commission on Community Volunteerism and Service. Nancy is the longest-serving AmeriCorps program director in Kentucky. Nancy retires with 18 years in national service and 23 years with the university. In the last year, EKU AmeriCorps members, serving in elementary schools throughout the university's service region, tutored at-risk students in one-on-one and small group reading tutoring programs, with more than 85 percent of the tutored students' reading levels increasing to at or above grade level. EKU Corps members have also coordinated Make A Difference Day nonperishable food drives, Red Ribbon Week and Too Good for Drugs drug education programs, Soldier Care Package projects, Veteran's Day ceremonies, Breakfast/Reading with Grandparents and Family Read Night programs, Read Across America and Dr. Seuss birthday activities, Martin Luther King Jr. birthday

commemorations, Fill a Backpack food drives, Recycling Relays, Salvation Army bell ringing, Internet safety presentations and presentations on environmental education.

The KCCVS is grateful for Nancy's commitment to national service and we wish her a happy retirement.

## Disabilities Corner: September is National Preparedness Month

*By Lanny Taulbee, KCCVS Disabilities Coordinator*

September is National Preparedness Month, so what better time to discuss with family, friends and co-workers the all-important question of "What *if* . . .?" What *if* the house or apartment caught fire during the night? What *if* the police evacuated my street because of a gas leak and I wasn't allowed back in overnight? What *if* my whole community was gone in a matter of minutes? What *if* no one could help me for hours or even days? There are so many "What *if*?'s," it's no wonder that people tend to shy away and not think about it. But I do.

As a person with a severe disability, I'm use to thinking about "What *if* . . .", "Who will . . ." and "How can I . . .?" What *if* I don't have my medication with me and can't get to it? Who will be there to help me when something bad happens? How can I make sure I have what I need when **that** time comes? The answer is simple, have a **plan**!

Many people, both with and without disabilities, use those questions as an excuse to ignore the harsh reality that sometimes we have to depend on others and sometimes we must fend for ourselves as best we can until help arrives. The more we need, the more we have, the more we need to plan. The notion that "It won't happen to me" is quickly becoming a myth. The real question is "When will it happen to me." So I have a **plan**!

Because I depend on others for assistance on a daily basis, I need to make sure that my supports will be there in a disaster situation. That responsibility is up to me, no one else. State and local governments assist the public during emergencies but they cannot be there immediately. It could take days for help to arrive. Disaster preparedness starts at home, and with me. It starts with being aware of conditions and situations that threaten me and my family's safety and then I must take action to protect myself and mine, no matter how severe my disability is. That requires planning, lots of planning.

I participated in an eight-week Community Emergency Response Team (CERT) training course. CERT programs train regular citizens to be prepared to respond in the event of disasters and hazards that could impact their communities.

I wasn't sure how much or how little I could do as a participant in CERT training, but I didn't let doubts dampen my enthusiasm and curiosity. I was interested in learning what to expect from first responders if ever I found myself in the midst of a disaster and, just maybe, what I might be able to do to help others around me.

CERT training offered new perspectives on my limitations, but far more importantly, it revealed my capabilities when faced with disaster. I learned what assistance may be available to me from others and I discovered I am capable of helping myself as well as lending assistance to those around me. I am able to perform some first aid, like bandaging and splinting, and I can instruct others in providing additional first aid. I can conduct basic search and rescue with modified techniques and I can extinguish a fire with a five-pound fire extinguisher, something I hadn't thought possible.



The National Incident Management System, used by fire and law enforcement agencies to manage emergency operations, was one of the most important topics covered in the CERT training. Knowing who does what, when, where, why and how helps make sense of what at first appears to be a complicated and confusing web of agencies and missions.

Whether involved in an emergency situation as a CERT volunteer or as a victim, I now know the chain of command, procedures used to assess a situation, and how to get help after a disaster for myself and my neighbor.

Granted, we can't all be prepared for every possible event, but we can anticipate predictable needs such as power outages, water shortages and loss of housing. All government agencies have plans, and we depend on those plans to protect us. My plan protects me until help arrives, then I am dependent on their plans. Part of my responsibility is to learn their plans and adjust my plan accordingly. As part of National Preparedness Month, what are you doing to encourage effective planning and response to emergencies for people with and without disabilities through service activities?

I encourage everyone, both with and without a disability, to plan for your own safety first. You may be the only one you can count on until help arrives. Learn about local disaster plans at school, work, and in your community. Be aware, be prepared, have a plan, make a kit, even take a CERT training class.

For more information on emergency preparedness, visit [CERT](#), [Disability.gov](#), [Federal Emergency Management Agency](#), [National Service Inclusion Project](#) and [American Red Cross](#) websites.

*"One of the things I keep learning is that the secret of being happy is doing things for other people."*

~ Dick Gregory

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